

SUMMER 2020

# LYNNWOOD RECREATION GUIDE



## LET'S PLAY!

Slide Fitness pg 17

Meet Me  
At The Park pg 23

*The Messenger* pg 25


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# SUMMER 2020



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Creating a healthy community  
through people, parks, programs  
and partnerships.

**Lynnwood  
Recreation Center**  
425-670-5REC (5732)  
18900 44th Ave W

**Lynnwood  
Senior Center**  
425-670-5050  
19000 44th Ave W

**Lynnwood  
Golf Course**  
425-672-GOLF (4653)  
20200 68th Ave W

**Meadowdale  
Playfields**  
425-670-5596  
16700 66th Ave W

**Cedar Valley  
Gym**  
425-670-5517  
19200 56th Ave W

**Meadowdale  
Middle Gym**  
425-670-5517  
6500 168th St SW

*Find your oasis!*

*With the City of Mill Creek  
Passport Services.*

Open Monday - Saturday  
No appointment required!  
15728 Main Street in Mill Creek  
425-921-5743  
[cityofmillcreek.com/passports](http://cityofmillcreek.com/passports)



## CONTINUE WITH CONFIDENCE.

Summer and fall  
registration opens June 4.

COVID-19 has made a lot of things more  
difficult. Getting a job shouldn't be one.

We'll help you develop the skills to  
conquer the post-COVID job market.



**EDMONDS  
COLLEGE**

[edcc.edu/moveforward](http://edcc.edu/moveforward)





# RECREATION CENTER

## State-of-the-art swimming and fitness facility

### Hours of Operation

Monday–Friday	5:30am–9:30pm
Saturday	7am–9pm
Sunday	9:30am–6:30pm

### Holiday Closures

Independence Day: Saturday, July 4  
Labor Day: Monday, September 7

### Fitness

- 3,000-square-foot cardio and fitness space with 47 cardio and 18 strength training machines
- 4 Precor Adaptive Motion Trainers
- 50+ Group Fitness Classes weekly
- 2 Espresso Upright Bikes
- 3 ADA adapted cardio machines
- 5 to 100 pound dumbbells
- 1,600-square-foot fitness and dance studio
- 2 racquetball/wallyball courts
- 1 world-class reflexology path

### Swimming Pools

- Over 20,000 square feet of aquatic play
- 25-yard, 6-lane lap pool
- 1 Warm-water wellness pool with ramp now 93 degrees
- 4 Play pools: beach, river, lake, and whirlpool
- 2 Waterslides
- 2 Hot tubs: adult & family
- 1 Sauna



## PICK YOUR PASS

2020 RATES	SINGLE VISIT	SINGLE FITNESS VISIT	10 VISIT PASS*		ANNUAL (unlimited visits)	
			Fee	Resident Discount	Fee	Resident Discount
<b>Children under 2</b>	Free	n/a	n/a	n/a	n/a	n/a
<b>Youth (2-12)</b>	\$5.50	n/a	\$43	\$38.50	\$399 (\$33.25/mo)	\$346 (\$28.83/mo)
<b>Teen (13-17)</b>	\$5.75	\$9	\$47.50	\$43	\$496 (\$41.33/mo)	\$432 (\$36/mo)
<b>Adults (18-61)</b>	\$6	\$9.25	\$52	\$47.50	\$594 (\$49.50/mo)	\$520 (\$43.33/mo)
<b>Adults 62+</b>	\$5.50	\$8.50	\$43	\$38.50	\$399 (\$33.25/mo)	\$346 (\$28.83/mo)
<b>Disabled</b>	\$5.50	\$8.50	\$43	\$38.50	\$399 (\$33.25/mo)	\$346 (\$28.83/mo)
<b>Family</b>	\$25	n/a	n/a	n/a	\$930 (\$77.50/mo)	\$808 (\$67.33/mo)

\* Expires two years from purchase date.



## MAYOR'S MESSAGE

**A**s we head into our summer months, I want to thank you all for your efforts to stay home and stay healthy through the coronavirus pandemic. Even though we've been working hard to maintain physical distance, with recent events happening throughout our nation it has been more important than ever to come together in our shared space to heal, to have a dialogue, and to call for change. I have relied on fresh air, nature, and (distant) socializing through gardening, taking walks in our beautiful parks, and staying connected with my friends and family to help me process and understand how I can better commit myself to being a better advocate for real change. Like you, I feel fortunate to live in a community where we have access to safe parks, trails and open spaces to support my physical and mental health during these times of uncertainty. These spaces are important safe and welcoming gathering places for our diverse community to come together, and we look forward to a full reopening of our facilities under the Governor's Safe Start Washington Plan in Phase 3.

At the time of this printing, we are anticipating and preparing for Phase 3 to begin in mid-July. When we do, we plan to reopen many outdoor recreation amenities including the Meadowdale Playfields, Lynndale Skate Park and Dog Park, and sport courts at every park. Keep in mind, as these park facilities reopen, restrictions and guidelines for us to follow will remain. I trust that all Lynnwoodians will continue to #RecreateResponsibly, follow posted rules, and practice good hygiene so that we can keep our facilities open. At this time, we don't have an exact date set for when, but our goal is to reopen playgrounds as soon as it is safe to do so.

Even though our large events and programs have been cancelled, it's more important than ever that our neighborhoods remain connected and #ComeTogether. This summer we will continue to host our weekly Lynnwood Walks, Meet Me At the Park events, and we'll enjoy outdoor movies at Sandlot Cinemas in August. Check out all of our outdoor programs on page 11.

We are also working towards being able to reopen the Recreation Center and Senior Center in Phase 3. However, when you return to our facilities, you will see many changes intended to ensure your safety including markings for lines, barriers, staff wearing face coverings, and limitations on the number of people we are able to serve at one time. But we are so looking forward to seeing you all again very soon!

I am confident that Lynnwood is resilient and I look forward to seeing you out at a park this summer.

**#WeGotThisLynnwood, Lynnwood!**

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## Lynnwood's Parks & Recreation Re-Opening Plan

### Phase 1 (May 5)

- Lynnwood Municipal Golf Course

### Phase 3

- Park Facilities: skate park, dog park, sports courts, athletic fields
- Recreation Center
- Cedar Valley Gym
- Senior Center

## #RecreateResponsibly

For more information on the Safe Start Washington Plan,  
visit [www.LynnwoodWA.gov/COVID-19](http://www.LynnwoodWA.gov/COVID-19)

# AQUATICS



## SAFETY IS OUR #1 PRIORITY

All children under the age of six must be accompanied by an adult in the water at all times. Children aged 6-10 years must be supervised by someone aged 13+ in the building at all times. Riders must be at least 40" tall for the body slide and 48" tall for the innertube slide.

Check [PlayLynnwood.com](http://PlayLynnwood.com) for current schedules

**BEACH SWIM** Shallow play area with water playground and family hot tub. No large slides. Perfect for families with small children.

**REC SWIM\*** Includes the entire recreation pool with the two giant waterslides, river with current and the beach area. Great for all ages!

**OPEN SWIM\*** Main pool with deep end, Recreation pool with slides, warm wellness pool, and hot tubs.

Wellness Pool even warmer—now 93°!

**OPEN FITNESS** Self-directed exercise: water walking, stretch, water exercises, relaxation. Spaces available vary. Ideal for adults of all ages; under 18, see Aquatics office staff. Some adult-only lap swims available.

**POOL RENTAL** See page 7 for details.

**HOT TUBS AND SAUNA** Open to adults 18+ years; detailed availability at [www.playlynnwood.com](http://www.playlynnwood.com).

## SWIM LINE-DAILY SCHEDULE

Visit [www.playlynnwood.com](http://www.playlynnwood.com) or call 425-670-5588.

\* **Swim tickets**—Pre-purchase swim tickets online up to two weeks in advance to guarantee entrance. Visit [www.PlayLynnwood.com](http://www.PlayLynnwood.com) and click on the "Open Swim—Advance Ticket Sales" button.

## SUMMER POOL SCHEDULE Phase 4\*—Sept 6, 2020

Closed: July 4, September 7

CHOOSE YOUR SWIM	Monday-Thursday	Friday	Saturday	Sunday
<b>BEACH SWIM</b>	5:30am-1pm 5:30pm-6:45pm	5:30am-1pm	7am-11:15am	9:30am-10:30am
<b>REC SWIM</b>	3:30pm-5:15pm 7pm-9pm	3:30pm-5:15pm		10:30am-noon
<b>OPEN SWIM</b>	1:15pm-3pm	1:15pm-3pm 6:30pm-8:15pm	12:45pm-2:30pm 4pm-5:45pm 7:15pm-9pm	1:30pm-3:15pm 4:45pm-6:30pm
<b>LAP SWIM</b>	5:30am-9:30pm 3:30pm-9:30pm	5:30am-1pm 3:30pm-6:15pm	7am-11:15am	9:30am-noon
<b>OPEN FITNESS</b>	5:30am-11:30am 8pm-9:30pm	5:30am-11:30am	7am-9am	9:30am-10:30am
<b>LESSONS</b>	M-F 9am-1pm M/W 3:30pm-8pm T/Th 3:30pm-9pm	M-F 9am-1pm 3:30pm-6:30pm	9am-11:30am	9:30am-noon

\* We will begin this summer schedule once we reach phase 4 of reopening. Please check [lynnwoodwa.gov](http://lynnwoodwa.gov) for current scheduling information.



## Valued Customers,

**We are thrilled to announce our new swimming lesson registration procedure!** We have heard your concerns and we are doing our best to make registration for swimming lessons an easy and enjoyable experience. As always, we want to provide lifelong aquatic activity and offer instruction for all ages and abilities!

Here are three major changes:

1. City of Lynnwood residents will now have a 24-hour window of priority registration ONLINE only.
2. All other registrants, current and new, will register during open enrollment beginning ONLINE Monday at 7pm, Walk-in/Phone-in Tuesday 7am.
3. All swimming lessons will be one day per week. If you are interested in additional practice time for your child, you are welcome to register for more than one day!

**Current Students:** You must register with the level code provided on the registration card that your student will receive during the second to last week of class.

**New Students:** A swim placement test and level code will be required of all new students prior to registration. Call 425-670-5732 or go online at [www.playlynnwood.com](http://www.playlynnwood.com) to schedule your placement assessment! Non-swimmers do not need to take an assessment, please register for the age appropriate beginning level, PS1, YS1, T1, A1.

*Level codes given during placement tests and on registration cards are valid for one session. Incorrect placement codes will be subject to student withdrawal. Please set up your on-line account at [www.playlynnwood.com](http://www.playlynnwood.com) before registration begins.*



## SWIM LESSONS

### Summer Session 2020

#### REGISTRATION DATES:

#### All summer sessions except M-F (B), (C), and (D)

Lynnwood Residents ..... Sunday, July 5 ..... Online 7pm  
Open Enroll ..... Monday, July 6 ..... Online 7pm  
Walk-in / Phone-in ..... Tuesday, July 7 ..... 7am

#### M-F (B)

Lynnwood Residents ..... Friday, July 24 ..... Online 7pm  
Open Enroll ..... Friday, July 24 ..... Online 10pm  
Walk-in / Phone-in ..... Saturday, July 25 ..... 8am

#### M-F (C)

Lynnwood Residents ..... Friday, August 7 ..... Online 7pm  
Open Enroll ..... Friday, August 7 ..... Online 10pm  
Walk-in / Phone-in ..... Saturday, August 8 ..... 8am

#### M-F (D)

Lynnwood Residents ..... Friday, August 21 ..... Online 7pm  
Open Enroll ..... Friday, August 21 ..... Online 10pm  
Walk-in / Phone-in ..... Saturday, August 22 ..... 8am

Session Dates*	Session Days	Number of classes	Safety School	Stroke Development
Jul 13-Jul 24	M-F (A)	10	\$72.50/\$62.50	\$80/\$70
Jul 13-Aug 31	Mon	8	\$58/\$50	\$64/\$56
Jul 14-Sept 1	Tues	8	\$58/\$50	\$64/\$56
Jul 15-Sept 2	Wed	8	\$58/\$50	\$64/\$56
Jul 16-Sept 3	Thurs	8	\$58/\$50	\$64/\$56
Jul 17-Sept 4	Fri	8	\$58/\$50	\$64/\$56
July 18-Sept 5	Sat	8	\$58/\$50	\$64/\$56
Jul 19-Sept 6	Sun	8	\$58/\$50	\$64/\$56
Jul 27-Aug 7	M-F (B)	10	\$72.50/\$62.50	\$80/\$70
Aug 10-Aug 21	M-F (C)	10	\$72.50/\$62.50	\$80/\$70
Aug 24-Sept 4	M-F (D)	10	\$72.50/\$62.50	\$80/\$70

*\* These are our tentative dates to begin running swim lessons again. We can start teaching swim lessons once we reach phase 4 of reopening. Registration dates and lesson dates are subject to change. Please check [lynnwoodwa.gov](http://lynnwoodwa.gov) for current scheduling information.*

**Registration for FALL 2020 begins Sunday, September 6.**

# PARKS



Where in  
Lynnwood  
Am I?

## LYNNWOOD'S PARK

**SYSTEM** includes 17 parks, 120 acres of open space, an 18-hole public golf course and 14 miles of trails. Our parks offer a wide range of recreational facilities including sports courts, athletic fields, spray pools, a skate park, playgrounds and large open play areas, as well as nature trails, lakes, streams and forests. For more information, visit [www.PlayLynnwood.com](http://www.PlayLynnwood.com) or call 425-670-5732.

## PARK RESERVATIONS

Reservations are not necessary for general use of our parks. However, the following outdoor park facilities may be reserved from 8am-9pm for private functions; half day 8am-2pm or 3-9pm. Rental fees are due at the time of reservation. **2020 park reservations open.** For reservations please call 425-670-5732.

OCCUPANCY		HALF DAY Non-Resident/Resident	FULL DAY Non Resident/Resident
Lynndale Park Shelter 1 (covered)			
	1-50 people	\$50/\$44 weekday only	\$112/\$99
	51-100 people	\$93/\$81 weekday only	\$186/\$162
Lynndale Park Shelter 2 (uncovered)			
	1-50 people	\$34/\$30	\$78/\$68
Lynndale Park Amphitheater (uncovered)			
	1-200 people	\$36/\$30 weekday only	\$78/\$68
Lynndale Park Shelter 3, North Lynnwood Park Shelters 1 & 2, Meadowdale Neighborhood Park Shelter (covered)			
	1-25 people	\$41/\$36	\$94/\$82
Wilcox Park Shelters (covered)			
Shelter	35 people	\$50/\$44 weekday only	\$112/\$99
Gazebo	25 people	\$34/\$30 weekday only	\$78/\$68

Restrooms closed at dusk.



# LYNNWOOD GOLF COURSE



This year-round, professional 18-hole course offers a full service Pro Shop, equipment rentals, practice areas, and pro instruction. We're conveniently located at 20200 68th Ave W in the Edmonds Community College Woodway Building.

## RESERVATIONS

Book tee times up to 14 days in advance. Visit us online at [www.lynnwoodgc.com](http://www.lynnwoodgc.com) or call 425-672-4653.

Weekday Green Fees	
\$21* for 9 holes	\$29* for 18 holes
<i>Discounts for Juniors, Seniors, and Veterans Mon-Fri excluding holidays</i>	
Weekend & Holiday Green Fees	
\$21* for 9 holes	\$33* for 18 holes
Power Carts	
\$10/rider for 9 holes	\$15/rider for 18 holes
Pull Carts	
\$5	

\* Plus tax



## Limited Supply - Open Spring 2020 Making room for even more to love!



**Hurry in to Quail Park of  
Lynnwood to choose  
your cottage or  
apartment NOW!**

**Cottages 70% leased;  
Reserve yours today!**

**Quail  
Park**  
of Lynnwood



*Brilliant Senior Living*

Call for a tour.  
Ask for Sue or Barb.

**(425) 616.0877**

[QuailParkofLynnwood.com](http://QuailParkofLynnwood.com)

**4015 164th St SW in Lynnwood**  
Also offering Assisted Living  
and Memory Care

# PRESCHOOL



## Parent and Me Ballet Online

Play Based Ballet Instruction to get your little dancer moving! Parent participation is highly recommended. Classes are pre-recorded online content (approx. 25-minute class) done at your leisure, as well as two Live Zoom Classes (dates TBA).

### 1½-5 YRS

11051	Jun 23–Jul 21	Tue	9–9:25am	\$45/\$35*
11053	Aug 4–Sep 1	Tue	9–9:25am	\$45/\$35*

Location: Online

Instructor: Katherine Erickson

## Kids Klub Preschool Programs

Looking for a Preschool Program for Fall? Kids Klub is a quality preschool program focused on developing social-emotional skills in young children. Our trained staff promote children's learning through play and exploration. In our structured learning environment your child will enjoy age appropriate music, art, dramatic play, hands-on math and science as well as field trips based on session themes. Child should be accustomed to parental separation and must have independent toilet skills. Class size is limited, early registration is recommended.

**For more information please visit:**  
**[www.Lynnwoodwa.gov/Preschool](http://www.Lynnwoodwa.gov/Preschool)**

*All course start dates subject to Phase 3 opening*

## HOW TO READ A CLASS DESCRIPTION

	DATE(S)	DAY OF WEEK	TIME	CLASS FEE	
	↓	↓	↓	↓	
<b>CLASS</b> →	70689	Apr 14–May 12	Sat	3–3:55pm	\$55/\$47*
<b>#</b>	70690	May 19–Jun 16	Sat	3–3:55pm	\$55/\$47*
Location: Recreation Center, Fitness Studio					
Instructor: Derek McClinton					
					↑
					<b>*LYNNWOOD RESIDENT DISCOUNT FEE</b>

## Tiny Timbre Music Class Online

Classes are pre-recorded online content (approx. 25-minute class) done at your leisure available through Band App Private Group. Don't wait for another tempo-tantrum from your musical toddler! Join us for some fun exploration of music. We will be signing from a wide variety of genres through creative dance, using tonal and percussive instruments, and playing cooperative games and more! Birth to four years of age are welcome. Parent participation is required.

### UP TO 5 YRS

10922	Jun 25–Jul 23	Thu	10:15–11am	\$55/\$45*
11054	Aug 6–Sep 3	Thu	10:15–11am	\$55/\$45*

Location: Online

Instructor: Katherine Erickson

## i9 Sports® T-Ball and Soccer

The i9 Sports program is a fantastic introduction to T-ball and Soccer for boys and girls. We are committed to providing age-appropriate instruction that is FUN for kids, and convenient for today's busy families. i9 Sports coaches the importance of good sportsmanship on the field and in life. Each weekend your child will have a 30 min. practice, followed by a 30 min. game. **For more information or to register, visit [i9sports.com](http://i9sports.com) or call 425-224-2701.**

### i9 Sports® Instructional T-Ball Program

#### 3-6 YRS

Jul 11–Aug 15	Sat	9am–1pm	\$139.00
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### i9 Sports® Soccer League

#### 3-12 YRS

Jul 11–Aug 15	Sat	9am–1pm	\$139.00
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Location: Meadowdale Athletic Complex, Field 1

Instructor: i9 Sports







# 2020 Summer Events



## LYNNWOOD WALKS

6pm Thursdays

August–September

Lynnwood Recreation  
Center

## MEET ME AT THE PARK

July & August at  
a park near you

[www.HealthyLynnwood.com](http://www.HealthyLynnwood.com)

## SANDLOT CINEMAS

Dusk on Thursdays

August 6, 13, 20

Lynndale Park Ballfields

## ...AND MORE!

June 4–14: EGGS–plore Virtual Auction

July 18: Afro Latino Festival

August 8: History & Heritage Day

August 15: Ubuntu Exposé

Sept. 21: International Peace Day

*Events may be rescheduled or canceled.  
Visit [www.HealthyLynnwood.com](http://www.HealthyLynnwood.com) for  
up-to-date event information.*

**#recreateresponsibly**

# YOUTH



All course start dates subject to Phase 3 opening

## Guitar for Youth

Give your child the gift of music with this affordable, easy and fun introduction to the guitar. By the end of the class, you'll be playing well known melodies or strumming along with your favorite songs. Beginning and experienced students are welcome. Please have the student bring an acoustic guitar, a tuner, guitar picks, and an empty binder to class. Monthly payments available.

### 7-8 YRS

11060 Jul 15-Sep 2 Wed 5:30-6:15pm \$120/\$102\*

### 9-11 YRS

11061 Jul 15-Sep 2 Wed 6:20-7:20pm \$136/\$116\*

Location: LSC

Instructor: James Howard



## i9 Sports® Coed Sports Programs

There isn't a better tool to teach a child the skills necessary to succeed in life than sports. Self-discipline, determination, teamwork and good sportsmanship are only a handful of the many valuable life skills learned through sports participation. Through the six-week i9 Sports Experience, we offer families an experience that focuses on fun, safety and convenience. Each weekend your child will have a 30-minute practice followed by a 30-minute game. **For more information or to register, visit [i9sports.com](http://i9sports.com) or call 425-224-2701.**

### i9 Sports Summer Basketball League

5-12 YRS

Jul 18-Aug 22 Sat 10:30am-5:30pm \$139

### i9 Sports Summer Volleyball Instructional Program

7-12 YRS

Jul 19-Aug 23 Sun 12-4pm \$139

Location: Cedar Valley Gym

Instructor: i9 Sports

### i9 Sports Summer Flag Football League

4-14 YRS

Jul 11-Aug 15 Sat 9am-1pm \$139

### i9 Sports Summer Soccer League

3-12 YRS

Jul 11-Aug 15 Sat 9am-1pm \$139

Location: Meadowdale Athletic Complex, Field 1

Instructor: i9 Sports



## Tae Kwon Do

Tae Kwon Do is an easy-to-learn Korean Martial Art, an outstanding form of physical fitness, and an effective self-defense technique. 6th degree black belt instructor, Derek McClinton, brings the art to your kids in a safe and fun way.

### 6-12 YRS

10849 Jun 25-Jul 30 Tue/Thu 5-5:55pm \$104/\$93\*

10850 Aug 4-Sep 3 Tue/Thu 5-5:55pm \$95/\$85\*

Location: Lynnwood Recreation Center, Room 101

Instructor: Derek McClinton



# SKYHAWKS SPORTS CAMPS

Full of interaction and excitement, Skyhawks Sports Camps provide great fun for everyone. Your child will forget they are learning valuable sports and life skills, such as teamwork, respect, sportsmanship, responsibility, and leadership because the lessons are integrated into friendly play. Skyhawks Sports Camps are traditional weeklong summer day camps that focus on the development in the sport of their choice. We are looking for youth brand new to sports as well as those looking to refine their skills. We are committed to making sure your child walks away from a Skyhawks program with new skills, new friends, and a lifelong love for a healthy, active lifestyle. All camps are taught by experienced Skyhawks Staff. **Go to [Skyhawks.com](http://Skyhawks.com) to register.**

## Baseball Camp

6-12 YRS

Aug 24–Aug 28 Mon–Fri 9am–3pm \$175  
Location: Meadowdale Athletic Complex, Field 4

## Basketball Camp

6-12 YRS

Jul 20–Jul 24 Mon–Fri 9am–3pm \$175  
Aug 3–Aug 7 Mon–Fri 9am–3pm \$175  
Location: Cedar Valley Gym

## Beginner Golf Camp

5-9 YRS

Jul 27–Jul 31 Mon–Fri 9am–12pm \$145  
Location: Meadowdale Athletic Complex, Field 2

## Cheerleading Camp

5-10 YRS

Jul 13–Jul 17 Mon–Fri 9am–12pm \$145  
Aug 10–Aug 14 Mon–Fri 9am–12pm \$145  
Location: Meadowdale Athletic Complex, Field 2

## Flag Football Camp

6-12 YRS

Aug 17–Aug 21 Mon–Fri 9am–3pm \$175  
Location: Meadowdale Athletic Complex, Field 2

## Mini Hawk Camp (Baseball, Basketball & Soccer)

4-7 YRS

Jun 29–Jul 2 Mon–Thu 9am–12pm \$119  
Jul 13–Jul 17 Mon–Fri 9am–12pm \$145  
Aug 10–Aug 14<sup>▼</sup> Mon–Fri 9am–12pm \$145  
Location: Meadowdale Athletic Complex, Field 2  
<sup>▼</sup> Meadowdale Athletic Complex Field 4

## Multi-Sports Camp (Baseball, Flag Football & Soccer)

6-12 YRS

Jun 29–Jul 2 Mon–Thu 9am–3pm \$140  
Jul 27–Jul 31 Mon–Fri 9am–3pm \$175  
Location: Meadowdale Athletic Complex, Field 2

## Skyhawks Soccer Camp

6-12 YRS

Jun 22–Jun 26 Mon–Fri 9am–3pm \$175  
Jul 6–Jul 10 Mon–Fri 9am–3pm \$175  
Aug 10–Aug 14 Mon–Fri 9am–3pm \$175  
Location: Meadowdale Athletic Complex, Field 2

## Skyhawks Soccer Camp (Half Day)

6-12 YRS

Jul 6–Jul 10 Mon–Fri 9am–12pm \$145  
Location: Meadowdale Athletic Complex, Field 2

## Skyhawks STEM & Play: Soccer Camp

6-12 YRS

Jul 20–Jul 24 Mon–Fri 9am–3pm \$185  
Location: Meadowdale Athletic Complex, Field 2

## Skyhawks Volleyball Camp

7-14 YRS

Jul 27–Jul 31 Mon–Fri 9am–12pm \$145  
Aug 17–Aug 21<sup>▼</sup> Mon–Fri 9am–12pm \$119  
Location: Cedar Valley Gym  
<sup>▼</sup> No Camp Aug 20

## Hip Hop Dance

Learn the basics of Hip Hop in this introductory class as you move and groove to old-school and current beats. In a fun-filled, energetic environment. This class provides a structured method of various Hip Hop dance movements and styles. That offer a new set of combinations and routines every time. Individual and group participation allow students to build strength, flexibility, and confidence! Monthly payments available.

5-8 YRS

10942 Jun 24–Sep 2 Wed 5:45–6:30pm \$115/\$104\*  
10941 Jun 24–Sep 2 Wed 4:45–5:30pm \$115/\$104\*

9-12 YRS

10940 Jun 24–Sep 2 Wed 6:45–7:30pm \$115/\$104\*

Location: Lynnwood Recreation Center, Room 101  
Instructor: Kontagious Performing Company

**Youth Programs continued  
on next page →**



## Lynnwood Connects Check-In

Call 425-670-5035



### FREE Friendly Chat on the Phone

The Lynnwood Connects Check-In program is a FREE weekly phone call to see how residents are doing and share a friendly conversation. Check-In calls are intended to provide an opportunity to connect to those who may be feeling socially isolated by linking individuals with a friendly, caring City of Lynnwood staff member.

*Check-In calls can be provided in Arabic, Chinese, German, Korean, Russian, Spanish, and Ukrainian.*

### READY TO SIGN UP?

1. **ONLINE ENROLLMENT FORM**  
<https://bit.ly/2yVmKpW>

2. **BY PHONE**  
Call 425-670-5035

*Be sure to leave your name, phone number and best time to reach you. We will contact you to register you over the phone.*



# KAMP KOOKAMUNGA

ENTERING GRADES: 1-7

Come spend a wild and wacky summer at Kamp Kookamunga! A place where you can make new friends and create lasting memories. Kamp is packed with awesome traditions like crazy counselors dressed in costumes and sensational skits performed live each Friday. Your weekly adventures will include theme related arts-n-crafts, silly songs, lake/pool swimming trips, goofy games and field trips to far off places, and let's not forget nature hikes that totally explore our 40-acre wooded park. **For more information, visit [www.lynnwoodwa.gov/Camps](http://www.lynnwoodwa.gov/Camps).**



ENTERING GRADES: 1-7

## Up & ATOM

8573 Jun 22–Jun 26 Mon–Fri 9:30am–3:30pm \$185/\$160\*

## American Superheroes

8576 Jun 29–Jul 03 Mon–Fri 9:30am–3:30pm \$185/\$160\*

## Barnyard Carnival

8579 Jul 6–Jul 10 Mon–Fri 9:30am–3:30pm \$185/\$160\*

## Sunken Treasure

8581 Jul 13–Jul 17 Mon–Fri 9:30am–3:30pm \$185/\$160\*

## Take the Title

8585 Jul 20–Jul 24 Mon–Fri 9:30am–3:30pm \$185/\$160\*

## The Magical World of Kook

8601 Jul 27–Jul 31 Mon–Fri 9:30am–3:30pm \$185/\$160\*

## Launch Pad and Lift Off

8604 Aug 3–Aug 7 Mon–Fri 9:30am–3:30pm \$185/\$160\*

## Rockin' the Decades

8607 Aug 10–Aug 14 Mon–Fri 9:30am–3:30pm \$185/\$160\*

## Blizzard Blast

8613 Aug 17–Aug 21 Mon–Fri 9:30am–3:30pm \$185/\$160\*

## A Splashtacular Summer

8616 Aug 24–Aug 28 Mon–Fri 9:30am–3:30pm \$185/\$160\*

Location: Lynndale Park

Location: Lynndale Park

## EXTENDED CARE

7–9:30am Mon–Fri \$40/\$35\* 3:30–6pm Mon–Fri \$40/\$35\*

## Parents Night Out

Hey Parents! Do you dream of a few hours to yourself, time to catch a movie, or dinner without whining? A true date night? Then Stop, Drop and Roll! STOP by the Recreation Center, DROP off your child and ROLL out to enjoy the evening! Your child will enjoy dinner, games, crafts, swimming or a movie all while supervised by our fantastic summer camp counselors!

6-12 YRS

10999 Sep 4 Fri 6–9:30pm \$17/\$15\*

Location: Lynnwood Recreation Center, Room 101

## Safe Kids 101

How do you know when your pre-teens are ready to accept the challenges of staying home by themselves? And are you ready to let them? Safe Kids 101 workshop will help your youth take the next step in independence while giving you peace of mind. Please provide a sack lunch.

9-13 YRS

10997 Aug 1 Sat 10am–2pm \$42/\$36\*

Location: Lynnwood Recreation Center, Conference Room

## Babysitting 101

How do you know if your teen/pre-teen is ready to care for children? Babysitting 101 will assist your 11–15 year old with advice and tips for caring for kids of all ages. Babysitters will learn how to secure a job, engage children and find solutions to problems every babysitter faces. We recommend taking Safe Kids 101 prior to enrollment and also taking Pediatric CPR and First Aid upon workshop completion. Please provide a sack lunch.

11-15 YRS

10996 Jul 11 Sat 10am–2pm \$42/\$36\*

10998 Sep 5 Sat 10am–2pm \$42/\$36\*

Location: Lynnwood Recreation Center, Conference Room

Check [PlayLynnwood.com](http://PlayLynnwood.com)  
for current schedules





# TEENS

All course start dates subject to Phase 3 opening

## Junior Counselors @ Kamp Kookamunga

This is an amazing opportunity for teens to gain valuable leadership and work experience! As a JC you assist Camp Staff in providing engaging activities for young campers while enjoying the amenities of a 40-acre wooded park. This includes building forts, playing sports, water activities and field trips with destinations in the greater Seattle area. What better way to spend the summer than in the outdoors with friends! For more information, visit [www.playlynnwood.com](http://www.playlynnwood.com). Must be entering 8th–12th grade!

### ENTERING GRADES: 8TH–12TH

Jun 22–Aug 28 Mon–Fri 9:30am–3:30pm \$110/\$95\*  
Location: Lynndale Park

## Digital Music Creation

This class will help you on your way to creating your own musical art! Learn the basics of beat production, mixing, and recording. We will cover the studio equipment needed for the modern computer recording setup and how to use it. While exploring drum programming, mix downs and vocal recording. More advanced techniques will follow. Such as the creation of structured instrumentals, audio editing and applying digital effects. Monthly payments available.

### 9 YRS AND UP

10943 Jun 24–Jul 22 Wed 7:30–9pm \$200/\$170\*  
10944 Aug 5–Sep 2 Wed 7:30–9pm \$200/\$170\*

Location: Lynnwood Recreation Center, Conference Room  
Instructor: Kontagious Performing Company

## Tae Kwon Do: Adult and Teens

Tae Kwon Do is an easy-to-learn Korean Martial art. An outstanding form of physical fitness, and an effective self-defense technique. 6th degree black belt instructor, Derek McClinton, brings the art to you in a safe and fun way.

### 13 YRS AND UP

10851 Jun 23–Jul 30 Tue/Thu 6–6:55pm \$114/\$102\*  
10852 Aug 4–Sep 3 Tue/Thu 6–6:55pm \$95/\$85\*

Location: Lynnwood Recreation Center, Room 101  
Instructor: Derek McClinton

## Guitar: Adult and Teens

Give yourself or a loved one the gift of music with this affordable, easy and fun introduction to the guitar. By the end of the class, you'll be playing well known melodies or strumming along with your favorite songs. Please bring an acoustic guitar, a tuner, guitar picks, and an empty binder to class. Early and late class offerings and monthly payments available.

### 12 YRS AND UP

11059 Jul 15–Sep 2 Wed 7:30–9pm \$160/\$136\*  
11058 Jul 15–Sep 2 Wed 4–5:25pm \$160/\$136\*

Location: LSC  
Instructor: James Howard



# SANDLOT CINEMA

FREE

Join us for fun, physically distanced activities starting at 7pm and an outdoor movie.

Movie starts at dusk • Bring blankets & chairs

Lynndale Park Ballfield

18927 72nd Ave W, Lynnwood

[www.HealthyLynnwood.com](http://www.HealthyLynnwood.com)

#RecreateResponsibly



AUG. 6



AUG. 13



AUG. 20



# FITNESS PASS CLASSES



## Group Active®

Group Active® is a one-hour workout that improves cardiovascular fitness, builds total-body strength, and enhances movement health for daily life.

13 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio

## Group Centergy®

Group Centergy® incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core.

13 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio

## Group Fight®

Group Fight® is a gripping hour that burns a ton of calories and builds total body strength.

13 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio

## TRX®

TRX® is a suspended training system using bodyweight in a circuit style workout.

13 YRS AND UP

## Group Blast®

Group Blast® is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways.

13 YRS AND UP

[www.lynnwoodwa.gov/GroupBlast](http://www.lynnwoodwa.gov/GroupBlast)

Location: Recreation Center, Fitness Studio

## Group Power®

Group Power® combines squats, lunges, presses, and curls with functional integrated exercises.

13 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio

## Zumba®

ZUMBA® is a fitness workout fusing Latin rhythms with easy to follow moves.

13 YRS AND UP

Location: Lynnwood Recreation Center, Fitness Studio

## Boot Camp

Boot Camp is a class designed to increase strength, endurance and cardiovascular fitness in 60 minutes.

13 YRS AND UP

## Yoga Foundations

Yoga Foundations will teach the basic foundations of yoga poses. In class alignment, strengthen and flexibility will be taught. Breathing techniques and meditation are also included. In this class the yoga flow will be simple, repetitive, and focus on ease of movement.

13 YRS AND UP

## CLASS SCHEDULE\*

\* Schedule is subject to change.

Check our website for updates: <http://www.lynnwoodwa.gov/PlayLynnwood/RecCenter/FitnessServices.htm>

## Fitness Pass Classes Start of Phase 3–September 6, 2020

## LAND

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>GROUP POWER</b> 6:15am	<b>GROUP BLAST</b> 6:15am	<b>GROUP POWER</b> 6:15am	<b>GROUP fight</b> 6:15am	<b>GROUP CENTERGY</b> 6:15am	<b>GROUP POWER</b> 7:45am
<b>ENHANCE FITNESS</b> Intermediate: 8:45am		<b>ENHANCE FITNESS</b> Intermediate: 8:45am		<b>ENHANCE FITNESS</b> Intermediate: 8:45am	<b>GROUP CENTERGY</b> 9:30am
<b>ENHANCE FITNESS</b> Advanced: 10:15am	<b>GROUP ACTIVE</b> 9:40am	<b>ENHANCE FITNESS</b> Advanced: 10:15am	<b>GROUP ACTIVE</b> 9:40am	<b>ENHANCE FITNESS</b> Advanced: 10:15am	
<b>ZUMBA</b> 11:45am		<b>ZUMBA</b> 11:45am			
<b>GROUP CENTERGY</b> 1:15pm	<b>GROUP POWER</b> 1:15pm	<b>GROUP CENTERGY</b> 1:15pm	<b>GROUP POWER</b> 1:15pm		
<b>GROUP fight</b> 5:30pm	<b>BOOT CAMP</b> 5:30pm	<b>GROUP BLAST</b> 5:30pm	<b>BOOT CAMP</b> 5:30pm		<b>GROUP ACTIVE</b> 10:15am
<b>GROUP POWER</b> 7pm	<b>GROUP CENTERGY</b> 7pm	<b>GROUP POWER</b> 7pm			<b>ZUMBA</b> 12pm

Check [PlayLynnwood.com](http://PlayLynnwood.com) for current schedules





# WATER FITNESS SCHEDULE

Mon & Wed	Tues & Thur	Friday	Sat	Sun
River 5:45am	River 5:45am	River 5:45 am	River 7:05am	
River 8am		River 8am	Deep 8:10am	Shallow 9:30am
Deep 9:25am	Deep 9:25am	Deep 9:25am		
62+ River 10:30am	62+ River 10:30am	62+ River 10:30am		
Gentle Noon	Gentle Noon	Gentle Noon		
Slide Fitness 5:30pm	Slide Fitness 5:30pm	Slide Fitness 5:30pm		
Shallow & Deep 7pm				
Swim Club 8pm	Shallow & Deep 8:30pm			

## Gentle Water Fitness

In the 93° wellness pool, gentle movements will help you relieve pain and stiffness as well as increase joint flexibility. Low-key workouts are great for those recovering from injury or just trying to relieve aches and pains of everyday life.

Location: Recreation Center, Wellness Pool

## Shallow Water Fitness

While training all the major muscle groups against the water's resistance, you will receive a calorie-burning workout. Classes are held in the shallow end of the lap pool. No swimming experience required.

Location: Recreation Center, Lap Pool

## Fitness in the River

Use the current of the River for increased resistance. Water depth is 3.5 ft, perfect for those looking for a new kind of challenge. Great for cross training and burning calories. These classes are motivating and powerful workouts with body-energizing results.

Location: Recreation Center, River

## Deep Water Fitness

Zero joint impact with maximum resistance without touching the bottom of the pool. Exercises are performed with flotation equipment. The focus is on core strength, cardio intensity and full range of motion.

Location: Recreation Center, Lap Pool

## 62+ Water Fitness

Taught in the River, this class is designed especially for those ages 62+. Enjoy the camaraderie and fun these classes offer while receiving a low impact cardio workout. Join this class and walk away feeling energized.

Location: Recreation Center, River

## Adult Swim Club

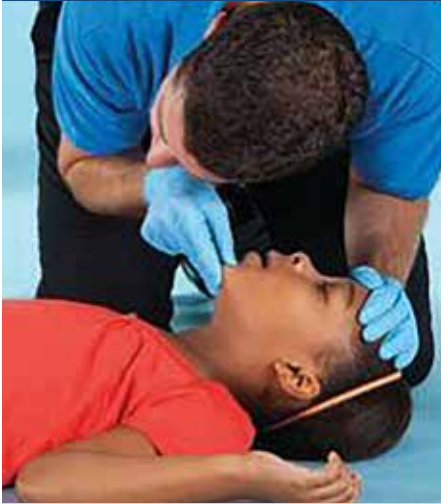
Coached fitness program designed for swimmers looking for quality workouts, individualized technique instruction, and stroke improvement. For fitness or Masters Competition, each swimmer has the opportunity to improve and work towards personal swimming goals. You will need endurance enough to swim 100 yards of crawlstroke comfortably.

Location: Recreation Center, Lap Pool

## Slide Fitness

Get ready for a medium to high intensity workout! Slide fitness is our newest water fitness class that rotates through several instructor-led circuits both in and out of the water. Expect to run in the river, strength train in the lake, then head up the slide steps to take an exhilarating plunge down our body slide and start another circuit when you reach the bottom. This class is fast-moving and fun! To safely enjoy this class, we suggest the use of water shoes or clean tennis shoes, and appropriate swim-wear or workout attire that you don't mind getting wet.

# SAFETY CLASSES



## ALL OF OUR HEALTH & SAFETY COURSES:

- Align with OSHA's Best Practices for Workplace First Aid Training
- Free online refreshers
- Free digital Participant Manuals
- Digital certification valid for two years after successful completion

## FOR YOUR HEALTH:

- Each student will be able to use their own mannequin when applicable
- Mannequins are thoroughly cleaned after each course
- Clean lender masks will be available for class use
- Participants may wish to purchase their own CPR mask. Masks are available for purchase at the Recreation Center

*All course start dates subject to Phase 3 opening*

### Adult and Pediatric First Aid, CPR & AED—Classroom

The Adult and Pediatric First Aid/CPR/AED course teaches students how to recognize a medical emergency, handle breathing and cardiac emergencies, and the use of an AED. Be the one who makes a difference and learn to help victims of any age, in this American Red Cross course.

#### 14 YRS AND UP

10959	Aug 1	Sat	10am–5:30pm	\$113/\$98*
10960	Aug 24–26	Mon/Wed	5–9pm	\$113/\$98*

Location: Fire Station 15, Training Room

### Adult CPR & AED—Classroom

This American Red Cross Course is designed to help participants recognize and respond appropriately to cardiac and breathing emergencies in Adults. With an emphasis on hands-on learning, students will learn the skills to save a life and knowledge to give immediate care to adults.

#### 14 YRS AND UP

10917	Jul 27	Mon	5–8pm	\$57/\$50*
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Location: Fire Station 15, Training Room

### Basic Life Support for Healthcare Providers

American Red Cross Basic Life Support for Healthcare Providers delivers the critical thinking, problem solving, and teamwork concepts needed to help turn a reaction to medical emergencies into an empowered response. BLS is for individuals with a duty to respond (public safety professionals and healthcare providers). This course emphasizes active, hands-on learning and uses scenario activities to help participants learn how to provide adult and pediatric CPR, two-rescuer scenarios and use of the bag mask, foreign body airway obstruction, and automated external defibrillator. Offered in a blended learning format (online learning with instructor-led skill session).

#### 14 YRS AND UP

10919	Aug 15	Sat	1:30–5pm	\$90/\$80*
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Location: Fire Station 15, Training Room

### Blended Learning—Adult and Pediatric First Aid, CPR & AED

This course provides participants with the vital knowledge they need to respond to a medical emergency appropriately and efficiently. Through a combination of self-paced eLearning and an instructor-led skill session, you will be able to practice, participate, and demonstrate the same skills and knowledge as our classroom-based courses. Students will learn about CPR and AED for Adults, Children, and Infants. As well as basic first aid skill. The American Red Cross online portion is an interactive experience where participants respond to real-world emergencies in a virtual setting.

#### 14 YRS AND UP

10965	Jul 13	Mon	1:30–4pm	\$80/\$76*
10966	Jul 13	Mon	5:30–8pm	\$80/\$76*
10967	Jul 18	Sat	10am–12:30pm	\$80/\$76*
10969	Jul 22	Wed	5:30–8pm	\$80/\$76*
10970	Aug 12	Wed	1:30–4pm	\$80/\$76*
10971	Aug 12	Wed	5:30–8pm	\$80/\$76*
10972	Aug 15	Sat	10am–12:30pm	\$80/\$76*
10973	Aug 17	Mon	5:30–8pm	\$80/\$76*
10974	Aug 26	Wed	1:30–4pm	\$80/\$76*

Location: Fire Station 15, Training Room

### First Aid

Effective first aid training greatly improves a person's chance of survival and recovery after being injured or a medical emergency. Learn to recognize, assess, and respond quickly, efficiently, and confidently to common injuries including: cuts, burns, environmental emergencies and more.

#### 11 YRS AND UP

10961	Aug 31	Mon	3–8pm	\$52/\$45*
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Location: Fire Station 15, Training Room

### Pediatric CPR & AED—Classroom

CPR for Children and infants can save a life! Learn how to respond to cardiac or breathing emergencies and how to help until medical personnel arrive and take over. Perfect for babysitters, day care workers, camp staff and parents. Pair this course with one of our first aid courses or babysitting courses.

#### 11 YRS AND UP

10921	Aug 22	Sat	12:30–4pm	\$46/\$40*
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Location: Fire Station 15, Training Room



## Basic Water Rescue

This class, consisting of in-class lecture and in-water skills, provides participants with the knowledge and skills to prevent, recognize and safely respond to aquatic emergencies. American Red Cross Basic Water Rescue is a national certification, valid for two years and meets WA DOH code for Shallow Water Attendant.

### 12 YRS AND UP

10908 Jul 5 Sun 4:45–6pm \$49/\$40\*

Location: Lynnwood Recreation Center

## Water Safety for Parents and Caregivers

While aquatic environments create beautiful environments that offer years of fun and activity for families, they can also be a significant threat to children in the home or in the community. The Water Safety for Parents and Caregivers Online Course focuses on developing an awareness of the risks of drowning and how to minimize those risks, especially for young children. This engaging and interactive on-line course is suitable for any schedule and lets you work at your own pace. Parents and caregivers will learn about the concepts of the circle of drowning prevention, water competency and the chain of drowning survival. It also provides guidance for applying water safety to common environments and situations where children are most at risk for drowning. **Course needs to be completed by Aug 31.**

### 13 YRS AND UP

**FREE**

Location: Online



**Register Early!**

Avoid Disappointments  
\*See cancellation policy  
on page 31.

## Junior Lifeguard

Learn about basic water safety and the skills necessary to prevent, recognize, and to respond to many types of aquatic emergencies. This City of Lynnwood Jr Lifeguard course will train you to become a volunteer at the pool and in American Red Cross Basic Water Rescue. We are looking for volunteers who want to earn service hours, make lasting friendships, are socially compassionate, flexible, and have an eagerness to learn.

### 12-15 YRS

10909 Jul 11–18 Sat 12–4:30pm \$46/\$40\*

10910 Aug 8–15 Sat 12–4:30pm \$46/\$40\*

Location: Lynnwood Recreation Center

## Lifeguard Workshop

Have you been thinking about taking the Lifeguard Course, but need to work on your skills to pass the prerequisite swim test? During this workshop, our instructors will help you with techniques to successfully pass the swim test and improve your performance in the lifeguard course.

### 14 YRS AND UP

10873 Jul 5 Sun 6:30–8:30pm \$30/\$27\*

10874 Aug 23 Sun 6:30–8:30pm \$30/\$27\*

Location: Lynnwood Recreation Center, Swimming Pool

## Safety Training for Swim Coaches

Coaches, officials, trainers and others involved in competitive swimming will truly value this course. Learn how to prevent accidents, care for injuries on land and in the water, and help create a safe and comfortable environment for swimmers. This course meets USA Swimming requirements and is offered in a convenient blended learning format. Students will complete online eLearning before the class session. There is a \$25 fee paid to the American Red Cross for access to the eLearning.

### 15 YRS AND UP

10875 Aug 16 Sun 6:30–8:45pm \$44/\$35\*

Location: Lynnwood Recreation Center, Swimming Pool

Check [PlayLynnwood.com](http://PlayLynnwood.com)  
for current schedules



## Lifeguard Training

This American Red Cross program trains students to act with speed and confidence in emergency situations both in and out of the water. Topics include water rescue skills, surveillance and recognition, breathing and cardiac emergencies, first aid, and more. This course is offered in a blended learning format where students complete online lessons outside of class time and hands-on practice in class. Have fun and earn money at a job you will love. Attendance required in all class sessions. Interested in taking this class free of charge? Ask us how!

### 15 YRS AND UP

10869 Jul 26–Aug 30 Sun 3:30–9:30pm \$210/\$176\*

10951 Aug 14–21 \$210/\$176\*

Fri Aug 14: 8:30–9:30pm,  
M–F: 7am–12:30pm

Location: Lynnwood Recreation Center

## Lifeguard Training Review

This Review course gives individuals the opportunity to review and recertify in American Red Cross Lifeguarding. Participants must have current American Red Cross Lifeguarding/First Aid/CPR/AED certification.

### 17 YRS AND UP

9333 Jun 26–28 \$105/\$90\*

Fri 8:15–9:30pm  
Sat 12:30–7:30pm  
Sun 4–9:30pm

11047 Jul 17–19 \$105/\$90\*

Fri 8:15–9:30pm  
Sat 12:30–7:30pm  
Sun 4–9:30pm

10871 Jul 24–26 \$105/\$90\*

Fri 8:15–9:30pm  
Sat 12:30–7:30pm  
Sun 4–9:30pm

10872 Aug 28–30 \$105/\$90\*

Fri 8:15–9:30pm  
Sat 12:30–7:30pm  
Sun 4–9:30pm

Location: Lynnwood Recreation Center

# ADULTS



## Digital Music Creation

This class will help you on your way to creating your own musical art! Learn the basics of beat production, mixing, and recording. We will cover the studio equipment needed for the modern computer recording setup and how to use it. While exploring drum programming, mix downs and vocal recording. More advanced techniques will follow. Such as the creation of structured instrumentals, audio editing and applying digital effects. Monthly payments available.

### 9 YRS AND UP

10943 Jun 24-Jul 22 Wed 7:30-9pm \$200/\$170\*  
10944 Aug 5-Sep 2 Wed 7:30-9pm \$200/\$170\*

Location: Lynnwood Recreation Center, Conference Room  
Instructor: Kontagious Performing Company

*All course start dates subject to Phase 3 opening*

## Colored Pencil Painting Techniques

Wow! That's colored pencil? The beauty of colored pencil is that it takes so little to get started: pencil, paper and a few tools. Just pick up your pencil and begin. Textures and strokes will be practiced using layering, brushing and more techniques. Supply list will be provided. All levels welcome!

### 13 YRS AND UP

10946 Jul 16-Aug 20 Thu 10-11:30am \$60/\$51\*

Location: Lynnwood Recreation Center, Conference Room  
Instructor: Jolene Williams



## Guitar: Adult and Teens

Give yourself or a loved one the gift of music with this affordable, easy and fun introduction to the guitar. By the end of the class, you'll be playing well known melodies or strumming along with your favorite songs. Please bring an acoustic guitar, a tuner, guitar picks, and an empty binder to class. Early and late class offerings and monthly payments available.

### 12 YRS AND UP

11059 Jul 15-Sep 2 Wed 7:30-9pm \$160/\$136\*  
11058 Jul 15-Sep 2 Wed 4-5:25pm \$160/\$136\*

Location: LSC  
Instructor: James Howard

## Tae Kwon Do: Adult and Teens

Tae Kwon Do is an easy-to-learn Korean Martial art. An outstanding form of physical fitness, and an effective self-defense technique. 6th degree black belt instructor, Derek McClinton, brings the art to you in a safe and fun way.

### 13 YRS AND UP

10851 Jun 23-Jul 30 Tue/Thu 6-6:55pm \$114/\$102\*  
10852 Aug 4-Sep 3 Tue/Thu 6-6:55pm \$95/\$85\*

Location: Lynnwood Recreation Center, Room 101  
Instructor: Derek McClinton

## Why All Macros Matter

Fun and interactive crash course in nutrition! Learn all about the building blocks of metabolism: protein, fat, and carbohydrates over this three-part series. You will learn how much you need of each, what are the best sources, how to structure meals for best balance, and answers to popular myths. Join Registered Dietitian, Liz Wyosnick of [equilibriyum.com](http://equilibriyum.com) and learn why all macros matter and how to support your body and health goals with them.

### 12 YRS AND UP

#### Part 1 Protein

10947 Jul 13 Mon 6:30-7:30pm \$15/\$13\*

#### Part 2 Fat

10948 Jul 20 Mon 6:30-7:30pm \$15/\$13\*

#### Part 3 Carbs

10949 Jul 27 Mon 6:30-7:30pm \$15/\$13\*

Location: Lynnwood Recreation Center, Room 102  
Instructor: Liz Wyosnick, Registered Dietitian

Check [PlayLynnwood.com](http://PlayLynnwood.com)  
for current schedules



online



by phone



in person



## 3 ways to register

[www.PlayLynnwood.com](http://www.PlayLynnwood.com)

425-670-5732

18900 44th Ave W, Lynnwood, WA 98036

VISA, Mastercard, American Express and Discover





## Continuing Irish Dance Online

Join Kat Erickson of Cladach Irish Dance. Must have previous dance experience! This class is online using the Zoom app. During the first 30 minutes we will warm up with basic techniques. It will be followed by 30 minutes of steps in soft shoes and end with 30 minutes of advanced hard-shoe group Ceili dancing. Class is designed for beginning and advanced levels. Stay for the entire class to build upon your skills. Or practice the basic techniques and watch advanced students perform hard-shoe.

### 9 YRS AND UP

10930 Jun 25–Sep 3 Thu 5–6pm \$132/\$110\*

Location: Online

Instructor: Katherine Erickson

## Ballet: Adult and Teens Online

Come learn the fundamentals of ballet in an environment geared towards adults! This class is online using the Zoom app. Focus on techniques, artistry, and balance. As we explore movement at the barre and center floor.

### 13 YRS AND UP

10932 Jun 25–Sep 3 Thu 6:15–7:15pm \$132/\$110\*

Location: Online

Instructor: Katherine Erickson

## Hula for Everyone

WALK IN, HULA OUT!!! Hula is for everyone, beginners welcome. We begin with basic steps and hand motions and continue on to learn beautiful hulas both old and new. Every class begins with a review so that new students are able to merge with the current class. A joyful class. Wear something loose and comfy.

### 12 YRS AND UP

10853 Jun 23–Jul 28 Tue 6:30–7:30pm \$60/\$51\*

11028 Aug 4–Sep 1 Tue 6:30–7:30pm \$50/\$40\*

Location: Lynnwood Recreation Center, Room 102

Instructor: Jeanne Porter

## Spanish for Beginners Online

Three levels of instruction for budding Spanish speakers. Marianne is a native Spanish speaker and will incorporate cultural aspects of the Spanish speaking world in her class. This is an online class and instructions on how to gain access will be emailed to all registered participants the week of class. All students should download the Zoom app and have access to a camera on their computer, tablet or phone.

### 16 YRS AND UP

### Spanish for Beginners 2 Online

This class is for students who have completed Spanish for Beginners 1 or know basic Spanish.

11216 Jun 23–Aug 4\* Tue 7:15–8:45pm \$66/\$55\*

### Spanish for Beginners 3 Online

For students who have completed Spanish for Beginners 1 or 2. With focus on verb conjugations and conversational skills.

11214 Jun 25–Aug 6\* Thu 7:10–8:40pm \$66/\$55\*

### Spanish for Beginners 4 Online

For students who have completed Spanish for Beginners 3. With a focus on expanded vocabulary, conjugations, and past tense.

11215 Jun 25–Aug 6\* Thu 5:30–7pm \$66/\$55\*

Location: Online

Instructor: Marianne Schulze

\*No Class July 2, 7



**Register Early!**

Avoid Disappointments  
\*See cancellation policy on page 31.

## Tap Dance

Join us for 30 minutes of tap skills followed by 60 minutes of floor movement and dance combinations. No experience necessary. Stay for the entire class to build upon your skills or practice the skills, and watch other students perform combinations that you will be doing in no time. Tap shoes required. Session is nine classes long. Monthly payments available.

### 16 YRS AND UP

10855 Jul 8–Aug 26 Wed 6:30–8pm \$80/\$67\*

Location: Lynnwood Recreation Center, Room 102

Instructor: Virginia Miscione

**Adults Programs continued on next page** →




**FAMILY FUN**



## Lynnwood History & Heritage Days FREE

**Saturday, August 8  
11 am to 3 pm**

**Heritage Park, 19921 Poplar Way**

**Tours Prizes**

**NEW: Paint by Number Mural**

**[www.LynnwoodWA.gov](http://www.LynnwoodWA.gov)**  
(for up-to-date info)

### Fall Softball Leagues

Register for Adult Men's, Women's and Co-Ed Softball Leagues. Multiple divisions/skill levels available. Ten league games by double headers. Top four teams in each division will make a single elimination tournament. Teams may request the nights of the week they'd like to play, but placement will depend on team talent. Teams may register online, in person or by phone after 8am on Monday, Aug. 3. **To register call 425-670-5732 or 425-771-0230. For more information, call Travis at 425-670-5517 or Todd at 425-771-0229.**

18 YRS AND UP

#### Co-Ed Leagues

11012	Sep 11–Oct 16	Fri	6:10–10pm	\$695
11009	Sep 13–Oct 18	Sun	5:30–10pm	\$695

#### Men's Leagues

11010	Sep 8–Oct 19	Mon/Tue/Thu	6:10–10pm	\$695
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#### Women's League

11011	Sep 9–Oct 14	Wed	6:10–10pm	\$695
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Location: Meadowdale Athletic Complex, Softball Fields



### Buckets and Bricks Summer Basketball League

Lynnwood Parks & Recreation is partnering up with Buckets & Bricks Adult Basketball League to offer a Men's basketball league in the gymnasium of Cedar Valley Community School. Summer leagues will include five regular season games, playoffs (based off league standings), All-Star Game, statistics, game referees and much more. Register as a team or Free Agent. Players will receive numbered dry-fit shirt.

**To register, contact Buckets & Bricks Basketball at 425-298-5039 or visit them at [bucketsandbricks.com](http://bucketsandbricks.com).**

21 YRS AND UP

#### Summer Team Registration

Jul 19–Aug 30	Sun	5–10pm	\$695
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#### Summer Free Agent Registration

Jul 19–Aug 30	Sun	5–10pm	\$90
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Location: Cedar Valley Gym  
Instructor: Buckets and Bricks





# Meet Me Get up...get out... get active! at the Park

**Get Up...Get Out...Meet Us at the Parks, stay 6 feet apart!**

Meet Me at the Park is free fun at a Lynnwood park near you! This is a great opportunity for children, families and adults in all neighborhoods to visit their local park, participate in fun, safe activities without the need for transportation or entry fees.

Meet Me at the Park operates Tuesdays, Wednesdays and Thursdays  
July 7-August 27 throughout the City's neighborhood parks.

**Come explore your park with us!**

## Tuesdays

10am: North Lynnwood

12pm: Wilcox

2pm: Scriber Lake

## Wednesdays

10am: Pioneer

12pm: Stadler Ridge

2pm: Spruce

## Thursdays

10am: Daleway

12pm: Gold

2pm: Meadowdale  
Neighborhood



[www.HealthyLynnwood.com](http://www.HealthyLynnwood.com)

**#RecreateResponsibly**





6pm Thursdays

August–September

Lynnwood Recreation Center

Free, no registration needed



## LSC is offering Zoom classes!

*Stay Active & Independent  
for Life—SAIL Fitness*

*Book Discussion Group*

*Chatterboxes*

*German*

*Knitting to Make a Difference*

*Our Choices & Understanding*

**PLUS more classes  
added each week!**

**You may participate by video with your computer or with a conference call.**

**To find out more, call LSC to leave a message at 425-670-5050.**

**LSC has new hours of operation, Monday through Friday 8:30am to 3pm.**



# LSC Information & Updates

The Lynnwood Senior Center engages older adults in health, wellness, social and recreational opportunities.

Monday–Friday 8:30am–3:00pm | Tuesday 8:30am–5:00pm | Saturday 9:30am–1:30pm

19000 44th Ave W | PO Box 5008 | Lynnwood, WA 98036 | (425) 670-5050 | Fax: (425) 712-9804



## City of Lynnwood Staff

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## LSC Foundation Board Officers

President  
**Dorothy Morehouse**

Treasurer  
**Donna McKinney**

Secretary  
**Linda McFarland**

The Fundraising Committee meets  
11:00am on 3rd Wednesdays.  
Visitors welcome.

## Mary-Anne's Message

We sure miss you! And we're concerned about how you're doing with wellness, exercising, and connecting with people during this period of social distancing. The Special Edition Messenger is put together with those things in mind. Please look inside to find information about resources, fitness, reducing isolation, and ways to keep boredom at bay.

This is an uncertain time when we are all asked to stay home. We are all learning new ways to live and creating new habits while things are changing. Our LSC community is resilient. We are in this together and will come out intact on the other side.

Please do what you need to do. Follow social distancing guidelines. Reach out if something isn't working for you.

You have my strongest wishes for your continued wellness. You are in my fondest thoughts.



## Question & Answer

### QUESTION: What are LSC staff doing?

**Answer:** We are all busy and working to take care of everything that's coming up. There have been a lot of changes!

### QUESTION: What happened to my March registrations?

**Answer:** If you paid a fee, your full registration cost is credited to your account — even if you attended a class in the first week of March.

### QUESTION: I paid for an upcoming trip that might be cancelled. Will it be rescheduled?

**Answer:** Trips will not be rescheduled. Your full registration fee will be credited to your account. In some cases we can recreate a trip. These are brand-new trips, so if you would like to go you'll need to register.

### QUESTION: What is happening with events?

**Answer:** It is unfortunate, but events will not be rescheduled. We are working on developing upcoming events for when LSC re-opens.

### QUESTION: When will LSC re-open?

**Answer:** We don't know yet. LSC is following Governor Inslee's guidelines and recommendations from the Snohomish Health District. Lynnwood's Mayor Nicola Smith will make the decision when it's time for us to re-open.

### QUESTION: How do we get updates about LSC?

**Answer:** There's more than one way.

**#1: Email** is an effective way for us to communicate with you. If you didn't receive any emails from the Parks & Rec department in March, we don't have an address for you. You can send an email to Shelley and we'll add it for you: [scoster@lynnwoodwa.gov](mailto:scoster@lynnwoodwa.gov). If you don't have an email account, now is a good time to get one set up. Family and friends may be able to help you. And please see page 3.

**#2: Updates on facility closures are posted on the City website:**

[www.LynnwoodWA.gov](http://www.LynnwoodWA.gov).

More specific information can be seen at [www.PlayLynnwood.com](http://www.PlayLynnwood.com).

Continued →

LSC Membership \$30/12 months | LSC Associate Membership Age 61 & Under \$30/12 months

# Keeping Busy & Connected

## Shelley's Message

Hello to all of you! I have had the opportunity to reach out to a number of you throughout the closure, and am so happy to hear your voices and know that you are doing well. My family is adjusting to life at home, including a bit of at-home schoolwork, board and video games, and lots of walks! Each day I try to pick up something I've been ignoring, and use the time to clean, organize, toss or store it in its' rightful place. I hope you are finding new, or revisiting old, activities to make the days pass quickly and I look forward to the day we can see each other in person again! Take Care.



### Stay Engaged — Social Engagement

Whether you are quarantined, working remotely or just being cautious, now is the perfect time to practice using technology in socially healthy ways. Here are a few suggestions for how to connect without contact.

### Schedule Phone or Video Chats with Friends

If you're not able to meet up for your usual activities with friends, loneliness can set in fast. One way to combat this? Reach out to friends and family and suggest specific times to connect, whether that's on the phone or via video chat. Scheduling specific times not only gives you something to look forward to but can make it easier for people to follow through on catching up. Maybe your church is streaming services online? Take a few minutes and figure out Skype or FaceTime with a friend or family member. If anything, the attempts and trials could lead to some much needed laughter and shared connections.

LSC plans to reach out to our community members throughout the closure because we miss you all and can't wait until we resume our regular schedule! See page 4 for technology resources.

### Digital Libraries

Online delivery services make a lot of things pretty fast, including receiving new books in the mail. What's even faster? Downloading an e-book or audiobook. While some streaming services offer these materials for a free or reduced rate, libraries have a number of titles available for free, too.

Our local Sno-Isle Library has made their Overdrive digital library available to all card holders. You can find out how on their website

at <https://www.sno-isle.org/digitalmedia>.

If low vision or a physical problems like hand tremors prevent you from reading standard print materials, consider the **Washington Talking Book and Braille Library**. They boast over 90,000 audio books, all free through the mail (a physical tape player) or your mobile device.

Contact **800-542-0866** or visit [wtbbl.org](http://wtbbl.org) to learn more about eligibility or get an application.

### Take a Break From the News: Filling the Void

Psychologist Stewart Shankman of Northwestern University tells NPR that once you're reasonably informed and prepared, you've done enough. "There's a point where, information gathering could become problematic," Shankman explains to the outlet. Rather than focusing on the headlines, be on the lookout for essential information from health organizations like the Center for Disease Control and Prevention and World Health Organization, while blocking out sensational news stories. [www.bit.ly/combat-stress-outbreaks](http://www.bit.ly/combat-stress-outbreaks).

Here's your chance to be creative. Why not try listening to a new (or classic) music style? Or, look up that podcast your friend was talking about the other day. A podcast is a digital recording of an audio show available in a series, that is downloadable from the internet. You can listen whenever and wherever you like, and the styles and subjects are virtually unlimited. An easy way to search is to type "popular Podcasts" in your favorite search engine.

You've probably heard the term binge-watch? This refers to watching multiple episodes of a television series in a row to catch up. While it's probably best for all of us to limit our intake to a few at a time, now is

the time to catch that Oscar nominated film, or docuseries you've been meaning see. *Then refer to page 4 for some ways to get moving after a few hours on the couch.*

### Spend Time Outdoors

Going outside regularly, be it in your garden, on the deck, or a walk to the park, is a great way of feeling better and a part of the outside world. It can help you feel more connected to your neighborhood and enjoy the natural world and your local environment.

The City of Lynnwood has a number of neighborhood parks, large enough to maintain your 6ft social distance from others, but you can still hear the birds chirp and watch the squirrels play chase.

### Armchair Adventures at Home

There is a way to enhance or refresh your knowledge while confined to your home. Google Arts & Culture teamed up with over 500 museums and galleries around the world to bring anyone and everyone virtual tours and online exhibits of some of the most famous museums around the world. Simply search Google Arts and Culture in your favorite web browser and connect with the British Museum in London, the Van Gogh Museum in Amsterdam, the Guggenheim in New York City, and literally hundreds of more places where you can gain knowledge about art, history, and science.

Locally, the Seattle Symphony is streaming select performances online. As their website states, "The Seattle Symphony will continue sharing performances that provide strength, comfort and joy. The musicians of the Seattle Symphony have generously volunteered to share free broadcasts with everyone during this time of uncertainty." All broadcasts can be streamed through the Symphony's social media channels on YouTube and Facebook.

Keep an eye out for other opportunities to learn or explore from home. Many art, science and entertainment outlets are using the internet to connect and share free resources remotely. An excellent online Arts & Entertainment list was compiled by the Yoknapatawpha Arts Council, in Oxford, MS and can be found at [www.bit.ly/oxfordarts](http://www.bit.ly/oxfordarts). Their page includes links to music, theater and performance, art and drawing, literary, education, and film resources all over the country.

Continued —————>



## Debby's Message

Hi Everyone — Its only been a few weeks, but I miss talking with all of you about what you're doing to have fun, hearing about your exciting holiday trips and visits with kids and grandkids, and sharing twice weekly exercise classes with you. It's no fun having our routines knocked out of whack, especially by something we likely can't yet see and feel. And on top of that, our government and community centers telling us to stay home. I'm taking a deep breath, stocking up on a little extra food, trying to keep up an exercise routine, and looking forward to LSC reopening. Please take care of yourselves and continue reading for a few tips on exercising at home, eating good food, and reducing stress in a stressful time.



### Exercise & Movement

If you're used to regular exercise, such as walking or attending a group class, you might be starting to feel a little sluggish or worry that you're losing ground.

Or, if you haven't been exercising regularly, now could be a good time to add simple exercise to your daily routine. Make sure to start slow and easy and not overdo. Ask your doctor if it's ok for you to exercise.

The Surgeon General recommends at least 30-minutes of moderate intensity exercise for older adults on most days of the week.

How can you make that happen at home? First, exercising at home means making sure you have space to safely move around — pick up small objects, kitchen chairs, step stools or throw rugs and get them out of your way. Then, break it down into four manageable parts:

**Endurance (aerobic) exercise to make your heart and lungs stronger.** Aim for 20-30 minutes every day or every other day:

- March in place while watching TV, listening to an audio book or enjoying your thoughts.
- Follow along with an online or TV exercise video.
- Take a brisk walk around your yard, parking lot, inside your building or other accessible location where you can move.
- Dance to your favorite tunes.
- Push a vacuum, scrub the bathtub or shower walls, mop the kitchen floor.
- Make it fun and something you look forward to.
- If it doesn't feel like fun, tell yourself it makes you healthier!

**Work on your balance to stay steady on your feet** — every day or every other day. Do these any time or after your aerobic exercise to help your body cool down.

- Use a hallway or find an empty wall for support and:
  - Walk normally for 15-20 steps. Look ahead and side-to-side, not down at your feet.
  - Walk heel to toe for 15-20 steps, look ahead, not down at your feet.
  - Walk for 15-20 steps lifting your knees and pretend to step over a log.
- Use the back of a chair for support:
  - Stand on one foot for 10-20 seconds, switch and do the same with the other foot.
  - Place one foot in front of the other and stand for 20-30 seconds, switch feet and stand again for 20-30 seconds.

**Lift some weights to build muscle and improve muscle strength** — every other day or three times a week. Do these when your muscles are warm, after aerobic exercise or a five-minute warm-up or first thing in the morning.

- Do what you know how to do or follow along with an online or TV video.
- Use hand weights or other easy to hold objects that weigh 1-5 pounds.
- Your body weight counts — push against a wall and hold for five seconds.
- Stand next to a wall for support and rise up on your toes, hold for five seconds.
- Work in your garden and pull some weeds.
- Push the vacuum, scrub the shower walls, mop the kitchen floor. These build upper body muscle and improve leg strength.

**Stretch your muscles to keep your joints flexible** — stretch when your muscles are warm, after other exercise or first thing in the morning.

- Do what you know how to do or follow along with an online or TV video.
- Lay on your back on your bed and lift one leg as high as you can, hold for five to ten seconds. Repeat with the other leg.
- Sit in a chair and lift one leg straight out in front of you, point your toe to the ceiling, hold for five to ten seconds. Repeat with the other leg.
- Reach one arm behind your head and try to touch your shoulder blade, hold for five to ten seconds. Repeat with the other arm.
- Make a fist and fling it open. Do it several times then repeat with the other hand.

### Stay Active Tips & Resources

**Invite a few friends to a Fitness Challenge.** Keep it simple and have fun. Use an app on your smart phone, find an online tracker, or use a paper log. Make it so everyone wins!

**Go4Life — start here for online support and suggestions.** Go4Life is a program of the National Institute on Aging. Dig deep and you'll find a variety of videos for all kinds of exercise. You'll also find motivational resources to help you start and stay on track. [www.bit.ly/Go4Life-workout](http://www.bit.ly/Go4Life-workout).

**Call NIH at 800-222-2225 and order Workout to Go and Age Page guides.** If you're not online or prefer something simpler, this is a place to start.

### Eating Well

**Good nutrition is always important but more so in times of stress.** Take time to feed yourself nutritious food that tastes good. Practicing the recommended social distancing likely means you're spending more time at home, either alone or with your partner or roommate.

**Consider using some of that "found" time to plan your meals.** Make a daily menu or take extra time and make a menu for the next few days. Even if your cooking is mostly heating and eating, taking time to plan can prevent overeating and help you eat more of the important stuff every day.

**As an older adult you need less calories than your younger self.** But, you still need the same amount of protein, complex carbohydrates, fiber, vitamins and minerals. To make that happen, follow these guidelines:

**Continued** ➔

# Move, Eat Well, Relax

>> Continued from page 4

## Every day –

- **Include a variety of colorful fruits and vegetables.** Fresh, frozen, and canned low-salt and low-sugar are ok. Color and variety are most important.
- **Eat some protein with each meal.** Poultry, lean meat, beans, nuts and seeds. They all help you feel full and add a savory touch.
- **If dairy agrees with you, include some in your daily menu.** Eat low fat yogurt and cottage cheese. Flavored yogurts are almost always high in added sugar. Try adding fresh or no-sugar canned fruit to plain yogurt instead.
- **Whole grains add fiber, protein and B vitamins to your diet.** Make a salad or a casserole and enjoy it for several meals. Try a grain or seed that's new to you, most are simple to cook and some require only soaking.
- **If food isn't important or doesn't taste all that good** — challenge yourself to eat a variety of foods to stay healthy and feel good. Make a list of what you want to eat every day. But don't beat yourself up if every day isn't perfect.
- **If you used to cook more but haven't lately,** dust off a cookbook and make a favorite recipe or try a new one.

Study the **MyPlate** plan. Tufts University adapted MyPlate specifically for older adults. It reminds us that we need to drink plenty of liquids, watch how much and what kind of fat we eat, and learn to use herbs and spices instead of salt. Find it and more online at

[www.bit.ly/tufts-myplate](http://www.bit.ly/tufts-myplate).

## Simplify eating at home –

- Look into grocery delivery or pickup — pickup may be less expensive than delivery. Check out this online article for tips on getting started or call your local grocery store. [www.bit.ly/online-grocery](http://www.bit.ly/online-grocery).
- Next time you shop, stock up on a variety of frozen ready-to-cook vegetables.
- Wash and bag your fresh produce when you return from shopping — it simplifies cooking.
- Treat yourself to a meal delivery once a week — think beyond pizza. Many fast food and local restaurants deliver to your door.
- One restaurant meal or a meal-sized burrito makes two or more easy meals when you round it out with a fresh salad, steamed ready-to-cook vegetables or fruit.

**If you need assistance with having meals at home, Meals on Wheels** will continue to operate on usual routes and are providing meals for vulnerable seniors whose senior centers have closed. Clients have also been supplied with emergency meals for five days. For more information or if you have any questions, please call the **Senior Services of Snohomish County Nutrition Program** at 425-347-1229 or toll-free at 800-824-2183.

**Do you or someone you know need financial assistance with buying groceries?** The easiest way to apply for food assistance is to contact **Homage Senior Services at 425-347-1229 or 800-824-2183.** You may also email your name and phone number to [basicfood@homage.org](mailto:basicfood@homage.org) and someone will contact you.

## Relaxation, Mindfulness, Meditation

Relaxation, mindfulness, meditation — all names for practices that may reduce stress and worry. Not only now during an especially stressful time, but ongoing in your everyday life. You can apply these practices to eating, sleeping, and anxiety brought on by any of life's complexities.

### Take time to enjoy your food. It can be food you've cooked, heated or had delivered.

- Take a few moments to set your table, put your food on a plate, put a napkin (or paper towel) on your lap, sit down, and relax.
- Look at your food, think about how it's going to taste, appreciate that you have it, maybe say a small thankful.
- The thankful can be for anything, not necessarily the food.
- Take the first bite and know that you're going to enjoy your meal.

### Put down the newspaper, turn off the TV and radio. Take a media break and free your mind and body from over-stimulation.

- Sit comfortably in a chair with your feet on the floor and your hands resting in your lap.
- Your eyes may be closed or open. Pay attention to your breathing.
- You're always breathing but not often noticing it. Listen to it. Feel it.
- If your mind wanders, bring it back to your breath.
- Don't criticize yourself, just bring your mind back to your breath.
- Do this for three minutes, five minutes, or ten minutes.
- When you're finished, sit quietly for a few minutes. Adapted from [www.sittingtogether.com](http://www.sittingtogether.com).

**Restful sleep is a blessing. Practicing good sleep hygiene and focused relaxation** can improve sleep at any age. How much you get and how restful your sleep is may change over the course of your life. If you have diagnosed insomnia, please follow your doctor's instructions. The suggestions below may enhance your medical support.

- Try to only sleep in your bedroom; keep other activities in other rooms.

## MyPlate for Older Adults

### Fruits & Vegetables

Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

### Healthy Oils

Liquid vegetable oils and soft margarine provide important fatty acids and some fat-soluble vitamins.

### Herbs & Spices

Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.



### Fluids

Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

### Grains

Whole grain and fortified foods are good sources of fiber and B vitamins.

### Dairy

Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

### Protein

Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.

Continued →



## LSC Information & Updates

>> Continued from page 2

### #3: Like us on Facebook:

Lynnwood Recreation Center and Senior Center

#4: Call LSC: 425-670-5050. The voicemail message is correct and changed with new information as it becomes available.

### QUESTION: What do I do if I have COVID-19 symptoms like fever, shortness of breath, and dry cough?

**Answer:** Contact your regular doctor or nurse helpline (if you have one). They will advise you. Don't put this call off! And don't go into the doctor's office without calling first.

### QUESTION: What happens if I get sick?

**Answer:** Now is the time to put together a plan. Identify the people who can call to check-up on you several times a day. Decide who can help you with food and pet care.

### QUESTION: Where's my regular Messenger?

**Answer:** It got put on hold just before going to print. All of Spring Quarter's new classes, trips and activities are fully developed and ready to go as soon as LSC re-opens.

### QUESTION: What about my membership and passes?

**Answer:** All LSC memberships will be extended for the facility closure duration, for example, with LSC March and April shut down, your membership will be extended two additional months. Other passes for fitness classes have a two-year expiration from purchase, so they should be fine. We'll take care of any unusual situations on a case-by-case basis.

### QUESTION: I have a lot of friends at LSC but not their phone numbers. How can I get in touch with people?

**Answer:** Call LSC to ask that we pass a message for you. We can send your name and phone number to another member with a request for them to contact you.

### QUESTION: I'm having some trouble getting food. Is there anything out there?

**Answer:** Contact your grocery store about food delivery or pick-up services. You may also be eligible for Homage brown-bag pick-up meals available at their site. Call them about this and other local resources at 425-513-1900.

## Keeping Busy & Connected

>> Continued from page 3

### Explore Creativity

Studies show that regularly performing creative tasks can make people happier. Being creative at home might look like cooking, baking, drawing, writing, practicing music, and so on.

Now is the perfect time to begin vegetable starts inside. Repurpose an empty egg carton and plant a few seeds to get the garden started early so it's ready for planting season.

How long has it been since you picked up a musical instrument? Pull out your sheet music, and dust off that piano, drum, wooden flute, etc. Better yet, open a window and share your music with the neighborhood! Do you have a grandchild or family friend home from school? Find a duet you can both learn, and when our social distancing is over, play your song together. If you FaceTime or Skype, that's another opportunity to share music, or mini concerts with friends and family.

Do you have a collection of fabric or yarn you're certain you'll never get through? Find a simple pattern and create small kits for school kids who are home and looking for a new skill to learn. Fleece could be used for tie blankets, flannel for doll sheets or pretend diapers — cotton for superhero capes, aprons, or pillows.

If you enjoy cooking or baking, pull out your most prized recipes and create a collection to pass on to others. Or, bake a batch of cookies to share, and with respect to social distancing, have a neighbor pick them up from your porch, or drop some off at their door.

**Finally** — Give yourself some space. Space to relax. Space to be quiet. Space to indulge. Space to reflect on this unique time. Space to accept help. We are here as a resource and happy to stay in touch.



Janet's Stewart and Squeegie

## Move, Eat Well, Relax

>> Continued from page 5

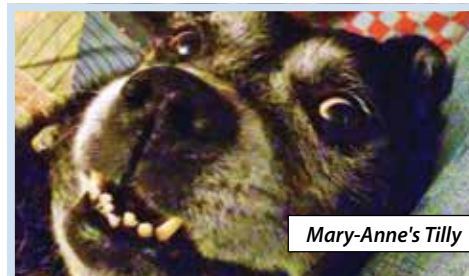
- Turn off the TV, step away from the computer, and put down smart phones an hour or more before bedtime.
- Keep your bedroom dark and cool. Straighten your sheets and fluff your pillow.
- Stick to a regular schedule for laundering your bed linens.
- Before climbing into bed, take a few minutes and follow the Breathing relaxation explained above. Or do it lying down in bed with the lights out.
- Another relaxation technique that promotes sleep, or falling back to sleep if you wake in the middle of the night, is a simple finger and breath exercise.
  - While lying in bed, gently and slowly run your thumb and first finger together.
  - Take a breath and say "inhale."
  - Exhale and say "exhale."
  - Continue until you relax to fall asleep.



Shelley's Cecelia



Debby's grand-dog Murphy



Mary-Anne's Tilly



# Community Resources & Information

## Janet's Message

Hello LSC community. Unfortunately this pandemic is mixing up people's schedules and keeping us home. I hope everyone is keeping active and finding creative outlets. We sure miss you and look forward to having our doors open again. Below you'll find some useful information to help you through this challenging time. You are the life of the senior center and it's not the same without you.



### CORONAVIRUS UPDATES

To find updated information on the Coronavirus, contact these health authorities.

- **Snohomish Health District**  
(public health district for Snohomish County): **425-339-5200**
- **Washington State Department of Health**  
(Washington state government)  
call Center: **800-525-0127**
- **Centers for Disease Control and Prevention**  
(U.S. government): **800-232-4636**

### SERVICES

Homage Senior Services offices are currently closed to the public. They will maintain business operations by phone. Call **425-355-1112** for updated information on when they will reopen.

Senior information & Assistance at Homage

## Zoom!

If you haven't already tried Zoom, it's a software program that allows a person (the host) to send email meeting invitations. Participants (you) click on the link provided in the email and make two choices about joining the meeting with video and audio. Choosing yes means that others in the meeting can see and hear you. Choosing no means that you can watch the meeting but not participate. This works on computers, tablets, and smart phones. It's pretty neat to see your friends and have a conversation with a group of people.

Do you have worries about using Zoom? This is what City of Lynnwood IT Director Will Cena has to say: "The security issues in the news with Zoom were due to a lack of training and security...the links to meetings were publicly posted and...allowed people to join, record, and disrupt the sessions. We [COL] have the best practice settings in place. As long as the zoom meeting info is sent directly to individuals and not posted publicly, I don't have any concerns for you to proceed with your classes."

LSC is experimenting with Zoom for some regularly scheduled classes during our closure. How will you know? We'll send you an email. If you don't regularly check your inbox, try to pop into it weekly to see if we've been able to set something up for you. We are rolling out slowly, and sorry, we won't be able to do every class and activity. We are also working on how to support phone-in access if you don't have an internet device. We'll be sure to update you.

provides local resource information and referral! Call **425-513-1900**.

### TRANSPORTATION

DART and TAP transportation is reduced. Most rides will include only essential and medical appointments. The bus cleaning schedule has increased to twice daily and all high touch areas will be wiped down with disinfectant frequently. Call Homage Senior Services at **425-513-1900**.

### MEDICATION

- Don't run out of your medication and keep your refills updated. In the past week, several insurance companies have pledged to waive prescription refill limits on "maintenance medications."
- A lot of pharmacies offer delivery by mail. Many pharmacies will now waive charges associated with home delivery of prescription medications. Check your insurance to see if your plan covers this.

### HEALTH

- Remember Influenza A and B? We are still in the middle of the seasonal flu season, which impacts older adults every year. According to the CDC, it's estimated that 70-85% of regular flu-related deaths have occurred in people aged 65+. National Council on Aging [www.ncoa.org](http://www.ncoa.org).
- With COVID-19 and all health issues, when in doubt, the best course forward is always to consult with your doctor. Many physicians and health care providers are asking that people call or send their questions via email first before coming into the office. Consider using telemedicine for non-emergency situations. You can connect by video through a computer with a webcam, a phone or a tablet. Medicare is now covering these services.
- Medicare announced there will be no out-of-pocket costs associated with coronavirus testing. For more information on what Medicare covers when it comes to coronavirus go to: [www.medicare.gov/medicare-coronavirus](http://www.medicare.gov/medicare-coronavirus).

### BEWARE OF SCAMS!

- Unfortunately, scammers are taking advantage of fears surrounding the coronavirus. The Federal Trade Commission has identified several of them and is offering tips to protect yourself and others. These include watching for emails claiming to be from the CDC saying they have information about the virus and ignoring online offers for vaccinations. There currently are no vaccines, pills, potions, lotions, lozenges, or other prescription or over-the-counter products available to treat or cure COVID-19 online or in stores.
- If you receive an email asking you to donate to a nonprofit that is fighting the coronavirus, make sure to research the organization first through an independent charity rating service such as Charity Navigator. National Council on Aging [www.ncoa.org](http://www.ncoa.org).
- Never give out personal information by telephone. Check with the BBB or FTC before you donate.

# INFORMATION & POLICIES



## General Information

**HOLIDAY CLOSURES** We will be closed for business and classes on the following dates:

- Independence Day: Saturday, July 4
- Labor Day: Monday, September 7

**CHANGES & ERRORS** We strive to produce the most accurate guide possible. However, some program information may have changed after this guide has gone to print. We apologize for any errors in the brochure and encourage you to visit [www.PlayLynnwood.com](http://www.PlayLynnwood.com) for the most up-to-date information as possible. We're always interested in knowing how we can make this publication better. If you have comments or questions, contact Steve Hoard, 425-670-5510 or [shoard@lynnwoodwa.gov](mailto:shoard@lynnwoodwa.gov).

**PHOTOGRAPHS** The City of Lynnwood takes videotape or photographs of people enjoying our parks or facilities. Photographs may be used for promotional purposes and are used at the discretion of and become the property of the City of Lynnwood. Should you not want photographs of your child utilized for publications, please let our staff or your instructor know. Got a good photo? We are looking for photos of recreation programs and participants for future guides. If you have photos that you would like to share with us, please e-mail them to [shoard@lynnwoodwa.gov](mailto:shoard@lynnwoodwa.gov). A photo credit will be given, so be sure to include your name and/or business.

## EMPLOYMENT OPPORTUNITIES

Visit [www.lynnwoodwa.gov](http://www.lynnwoodwa.gov) for detailed info on available positions to join the City of Lynnwood team. If you are an independent contractor interested in offering a class, call to inquire for a program proposal packet. Visit our website or call 425-670-5732.

**INCLEMENT WEATHER** The safety of program participants is a prime consideration when determining if programs should be cancelled due to inclement weather. If the Edmonds School District announces a cancellation or delayed start, all morning classes will be cancelled. Please call after 2pm to verify status of afternoon, evening or weekend classes at 425-670-5732.

**DISABILITY ACCOMMODATION** The City of Lynnwood is committed to accommodating citizens with disabilities and special needs. Lynnwood Parks, Recreation & Cultural Arts will make reasonable effort to ensure programs are accessible. If you need assistance participating in our activities, please call us at 425-670-5732.

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**ADVERTISING:** Community business advertising is provided to offset the publishing costs of this brochure. The City of Lynnwood does not sponsor or endorse the activity and/or information contained in community ads. If your business is interested in placing an ad, please contact Julie Applegate at 206-284-8285 or [julie@philippublishing.com](mailto:julie@philippublishing.com).

## Swim Ticket Advance Purchase

Swimmers can pre-purchase swim tickets to guarantee their entrance into an open swim two weeks in advance. To purchase swim tickets in advance please call 425-670-5732. All children five years and younger must be accompanied by a paying adult in the water. Print and present your ticket on the day of your open swim. Refunds and transfers must be requested 72 hours in advance of your swim through customer service; a refund fee will apply. Unused tickets will not be refunded, and are not transferable to another swim.

## Registration Policies

Advance registration and payment is required. Please register early; classes will be canceled two days before the start date if registration is insufficient. Fees include state and local sales tax, where applicable. All activities, dates and fees are subject to change. Participation is voluntary and participants agree to assume responsibility for any injury or damage to person or property.

**PAYMENT** Class registration is available with cash, check or credit card. Be sure to have the participants' names, birth dates, phone numbers and credit card information ready prior to calling. A confirmation receipt will be emailed, mailed or given to you at the time of registration. Returned checks are assessed a \$50 fee.



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**RESIDENT DISCOUNT** The City of Lynnwood recognizes people living within Lynnwood's City limits support, through their City taxes, the City's recreation programs. Because of this, the City offers a resident discount fee on pass fees, room, pool, and parks facility rentals, registered programs—even green fees at the Lynnwood Municipal Golf Course—which are marked RD next to the fee listing. Provide utility bill or other verification of residency. For more information, call 425-670-5732.

**RECREATION BENEFIT FUND** A scholarship program for low-income youth, seniors and disabled adults, the Recreation Benefit Fund is supported by the City of Lynnwood, the Parks & Recreation Foundation, and local businesses, organizations and individuals. Applications are available at the Lynnwood Recreation Center. Approval is contingent on residency, financial eligibility and available funds. Donations are gratefully accepted and can be made by check to RBE, PO Box 5008, Lynnwood, WA 98046-5008.

**REFUNDS** Canceled Program: If a program is cancelled by the Parks, Recreation & Cultural Arts Department, the registrant will receive a credit on account or a full refund. Refund Requests: Refund requests may be made to the department by phone or in person, stating the reason for the request. Participant refund requests are assessed a \$10 administrative fee per registration; there is no administrative fee for credits placed on account. In order to be eligible for a refund requires three (3) business days notice prior to the first class session. Refund requests made after the start of class are subject to program supervisor approval and may be granted on a prorated basis. Some trips and courses include pre-ordered tickets and items that are non-refundable.

## 3 Ways to Register for Lessons



### Click: Register online

Starting at midnight of the registration dates at [cityoflynnwood.perfectmind.com](http://cityoflynnwood.perfectmind.com)



### Come in:

As early as 5:30am on the posted registration dates to the Lynnwood Recreation Center, 18900 44<sup>th</sup> Ave W, Lynnwood, WA 98036.



### Call: 425-670-5732

Starting at 8am on the posted registration dates.





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